

Oral sex is a practice that can be very pleasant for both partners in a couple. Some tips and techniques will help you to enjoy the experience better.

## ORAL SEX



Oral sex involves the use of the mouth, lips or tongue to stimulate a partner's penis (fellatio), anus (anilingus, or rimming), or vagina, vulva, and clitoris (cunnilingus).

Oral sex should not only satisfy the person receiving it. It is important for both partners to enjoy it and to have a good time to stop it from becoming monotonous and uncomfortable.

Bear in mind that some sexually transmitted infections (STIs) –including HIV– can be spread through oral sex. There are, however, barrier methods that reduce the risk of spreading or acquiring an STI (see **InfoVIHtal 160: Oral Sex and STIs**). For HIV, in addition to barrier methods, antiretroviral medication prevents it from being transmitted through oral sex and other sexual practices (see **InfoVIHtal 159: Oral sex and HIV**).

### FOR BOTH PARTNERS TO ENJOY ORAL SEX IT IS ADVISABLE:

**To be comfortable and relaxed:** Adopting a comfortable posture is essential for both parties to relax and to enjoy oral sex. A cushion, for example, can be very helpful if practising oral sex when kneeling. If, however, you are giving oral sex lying down, try to find a position that does not cause your neck to cramp or your knees to seize up.

**To communicate:** If you are the person receiving oral sex, do not keep quiet. Share your satisfaction with your partner so that they know it is going well. If you are the person giving it, non-verbal communication through sounds, movements and caresses is a way of showing your partner that you are enjoying the experience.

**To use lubrication:** Saliva is an essential element for oral sex. Sometimes, however, it is not enough. Using lubricant can also help as it allows the tongue and fingers to move around more easily.

**To let your partner know when reaching ejaculation:** Not everyone shares the same sexual tastes. Some people are attracted to semen while others do not like contact with it. It is therefore important to agree on limits before sex. People with a vulva can also ejaculate when they reach orgasm, although it is not so common. However, their partners who are giving cunnilingus very often do not realise they have reached orgasm and continue to do so. It is therefore best to let your partner know when you are about to orgasm.

**To maintain good personal hygiene:** It is advisable to wash genitals well, to use specific products and to dry them properly. If oral sex is envisaged, taking a good shower, including washing genitals, is recommended. It is not just a question of personal hygiene: good oral health also reduces the risk of spreading and acquiring STIs.

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